Waffles By: Deseanna George The substance I chose was a waffle. A lot of people like waffles. There are a lot of different kinds of waffles. There are strawberry, blueberry, and chocolate waffles. Waffles are made into different shapes.. They also have different types of name for waffles. In Spanish the word for waffles is Barqullio Plano .In French it is Gaufres. In Germany it is Wafflen. In Japense it is ワッフル. My prediction is that Waffles are made out of whole grain. Waffles are better when you eat them plain with no syrup. Some people like Waffles that way. I think that waffles are very good. Waffles have very good vitamins in it. Mostly what I think are in Waffles are eggs, milk, and flour. Ingredients in Waffles: eggs- iron, vitamin A, vitamin D, phosphorus, calcium, thiamine, and riboflavin milk- Calcium, Phosphorus, Magnesium, Potassium, Sodium, Zinc, Chlorine, Iron, Copper, Sulfates, Bicarbonates, Trace Elements sugar-70% sugar cane, 30% sugar beet salt-sodium cholorine baking powder-acid, base, filler flour-yeast, baking powder   